



Orecchiette Carbonara with Charred Brussels Sprouts

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound brussels sprouts separated trimmed
- ☐ 2 large egg yolk beaten to blend
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup guanciale italian finely chopped (salt-cured pork jowl) (bacon)
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 12 ounces orecchiette fresh
- ☐ 0.3 cup pecorino cheese grated plus more

☐ 0.3 cup butter unsalted cut into pieces ()

Equipment

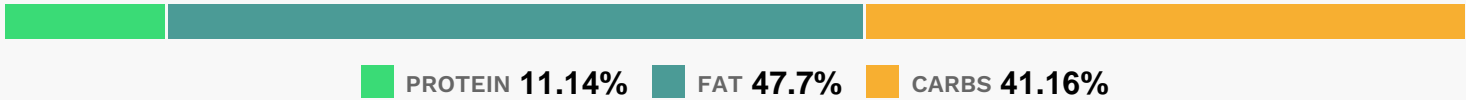
☐ frying pan

☐ pot

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over high heat. Working in batches, add Brussels sprout leaves and cook, tossing occasionally,until charred in spots and crisp-tender, about 5 minutes; transfer to a plate and set aside. Wipe out skillet.
- ☐ Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente (about 5 minutes for fresh pasta).
- ☐ Drain,reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in same skillet over medium heat.
- ☐ Add guanciale and cook, stirring often, until slightly crisp, about 4 minutes.
- ☐ Add pepper and cook, stirring, until fragrant, about 30 seconds. Immediately add 1/2 cup pasta cooking liquid to keep pasta from burning; reduce heat to low and gradually add butter, swirling skillet and adding more pasta cooking liquid as needed, until a thick, glossy sauce forms. (Taste as you go and switch to hot water once sauce is adequately seasoned.)
- ☐ Add pasta to skillet and toss to coat.
- ☐ Add Pecorino; toss to combine.
- ☐ Remove from heat; mix in egg yolks.
- ☐ Add reserved Brussels sprout leaves; toss, adding pasta cooking liquid (or hot water) as needed to thin sauce.
- ☐ Serve pasta topped with more Pecorino.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:26.58, Inflammation Score:-7, Nutrition Score:23.53434784516%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 670.91kcal (33.55%), Fat: 35.72g (54.95%), Saturated Fat: 15.05g (94.07%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 64.42g (23.42%), Sugar: 3.64g (4.04%), Cholesterol: 147.04mg (49.01%), Sodium: 447.47mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.52%), Vitamin K: 106.3µg (101.24%), Selenium: 60.78µg (86.83%), Vitamin C: 48.19mg (58.42%), Manganese: 1.01mg (50.51%), Phosphorus: 300.15mg (30.01%), Fiber: 4.94g (19.76%), Vitamin A: 940.58IU (18.81%), Folate: 63.36µg (15.84%), Magnesium: 62.67mg (15.67%), Copper: 0.3mg (15.01%), Calcium: 146.01mg (14.6%), Vitamin E: 2.17mg (14.47%), Vitamin B6: 0.28mg (14.15%), Iron: 2.26mg (12.58%), Zinc: 1.86mg (12.43%), Potassium: 433.49mg (12.39%), Vitamin B1: 0.17mg (11.63%), Vitamin B2: 0.18mg (10.77%), Vitamin B3: 1.89mg (9.43%), Vitamin B5: 0.85mg (8.5%), Vitamin D: 0.71µg (4.76%), Vitamin B12: 0.28µg (4.72%)